



Sermon Discussion Questions

August 30, 2026

Exodus 31:12-18

We Could Use Some Rest

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Opening Questions

1. What stood out to you most from this sermon? Was there a particular point that resonated with your current season of life?
2. The pastor mentioned that God brings up the Sabbath again right before concluding His instructions—"like taking off again just before landing the plane." Why do you think God emphasizes rest at this particular moment in Israel's story?

Clear Priorities

1. The sermon says we can become "so busy working for God, we forget to walk with God." When have you experienced this tension in your own life? What does it look like to keep Christ as Lord over all your priorities?
2. How do you approach Sundays differently than other days of the week? What challenges make it difficult to set apart the Lord's Day in our current culture?
3. For parents: How do you navigate decisions about sports, travel ball, or other activities that compete with Sunday worship? What principles guide those choices?

Living Our Faith

1. The sermon describes Sabbath-keeping as "a sign" and "a signal" to the watching world. What are other tangible ways Christians signal they are different from the culture around them—not out of legalism, but out of genuine faith?
2. "We have a day that is a legitimate part of our public witness." How does gathering for corporate worship serve as a witness to your neighbors, coworkers, or community?

Knowing More About God

1. The Pastor lists five areas in which we need growth: Bible knowledge, theology, doctrine, devotion, and practice. Which of these areas do you need to grow in the most right now?
2. How has regular engagement with Scripture and sound teaching helped sanctify you—made you more like Christ—over the years?

Pursuing Holiness

1. The sermon says, "You are made holier when you come to worship." How does gathering with God's people on Sunday contribute to your sanctification? Can you think of specific examples?
2. What acts of worship mentioned in the sermon (giving, singing, greeting one another, bearing burdens) feel most challenging or uncomfortable for you? Why might that be?

The Gospel

1. Exodus says Sabbath-breakers deserve death. How does the gospel of Jesus—His death on Friday, rest on Saturday, and resurrection on Sunday—transform how we understand rest?
2. The Pastor says, "Your soul's rest is less about a day and more about a person: Jesus." What does it mean to find your ultimate rest in Christ rather than in a day or a set of rules?

Creation Order as Anchor

1. Why does God take Israel back to Genesis and creation order when teaching about the Sabbath? What does creation tell us about God's design for rest, work, and rhythm?
2. How does understanding creation order help anchor us in cultural debates about marriage, gender, or human dignity?

Rest and Resurrection

1. The sermon offers a powerful image: when you lie down to sleep, remember one day you'll do that for the last time—but in Christ, you'll be raised. How does this perspective change how you view daily rest or even death itself?
2. What does genuine rest look like for you? How can you build rhythms of rest into your week that refresh your body, mind, and soul?